

# *Whakatane District*

## *GreyPower Association Inc.*

### *Welcome to our September News*

Address: PO Box 830, Whakatane, 3158  
Website: <http://greypowerwhakatane.org.nz>  
Email: [whakatanegreypower@gmail.com](mailto:whakatanegreypower@gmail.com)

#### ***Next Meeting – September 13, 2016:***

Our next meeting will be held at 1.30 pm on Tuesday, September 13, at the Knox Presbyterian Hall, 83 Domain Road, Whakatane, 3120.

For the meeting above we have invited the Mayoral Candidates to attend an open forum, each candidate will be granted a set time to put forward their case to be elected Mayor of Whakatane District Council; at the end of the presentations, there will be the opportunity for questions to be asked from the floor.

#### ***The Candidates are:***

- *Tony Bonne - (Incumbent)*
- *Julie Jukes*
- *Doug McLean*
- *Karen Pocock*
- *Julien Reweti*
- *Mike van der Boom*

Other than Doug McLean, all candidates responded to our invitation; Tony Bonne will be attending a meeting with Hekia Perata – Minister of Education in Wellington, on September 13. He would have been able to make September 20; however, the earlier date was that preferred by the majority of the candidates. In his absence, his deputy, Judy Turner, will be putting forward his platform for re-election and answering questions on his behalf.

We have sent a message to Tony thanking him for his response, and expressing our regret that he will be unable to participate in person.

## ***Retirement Living***

The Ministry of Health states, "New Zealanders are living longer and in good health (i.e. both life expectancy and health expectancy are increasing.)" Based upon death and disability rates in 2012 – 2014, a male aged 65 in 2013 can expect to live a further 15-20 years and a female a further 18-25 years. At the moment there are around 680,000 over 65's in New Zealand; this is expected to increase to over 1,000,000 by 2030. So, where are we all going to live?

New Zealanders are now living longer, but home ownership is decreasing. These trends, together with rising rents, bring with them the threat of poverty and homelessness for Superannuitants who are forced to rent accommodation.

I am sure that you have heard about New Zealand's high youth suicide rate. Whilst this is extremely worrying, the numbers are far less than for those 85 and over, or even those over 75. Whilst more men kill themselves at all ages, women are closing the gap in the older age ranges. Research tends to identify financial problems, social isolation and loneliness, physical illness and chronic pain leading to feelings of hopelessness and helplessness, as the primary causes of increased suicides amongst Senior Citizens.

For those who do own their own home outright (no mortgage) at retirement there are several options available to dodge the poverty trap:

- Sell the house, buy somewhere cheaper and use the surplus to live a better lifestyle.
- Sell the house and become a joint owner with two to three others in a modern home where they can all share the costs. This not only releases more capital, it also cuts expenses and leaves more to live on.

As for those who own their home, but with an outstanding mortgage, the above will apply to a lesser degree.

For those who do not own their own home, the options are more limited:

- Rent a pensioner unit (if you can get one!)
- Rent on the open market
- Live with family
- Rent a house with other Seniors, typically a group of friends, to rent a nicer property than they could afford alone, and because all expenses would be shared, the constant worry over finances would be alleviated.

So, you've thought about, and considered your options, and decided to move into a Retirement Village. This might be a good move for those who want the perceived safety of a gated community, companionship, organized activities and as much physical attention as you want and/or need (or can afford to pay for, as housework, laundry and meals all cost extra).

Diana Clement, in her article on Retirement Villages refers to it as, "Farming the Elderly", and says that living in a Retirement Village is "an investment that's guaranteed to eat capital."

Whilst this all sounds negative, the positive aspects of Retirement Village life with freedom from worrying about repairs and maintenance will appeal to many retirees who simply don't want the hassle of getting tradespeople in to fix a roof or clean out the guttering etc. Before you finally decide, do consider the ongoing costs associated with Retirement Village living.

In most Villages you do not actually own the villa, unit or apartment that you pay for, you pay for a "License to Occupy", and on top of your usual outgoings of electricity, telephone/internet, contents insurance and rates etc, you will also be paying around \$6,000.00 - \$8,000.00 in Body Corp fees or Service Fees. It is also possible that you could become homeless and impoverished due to the financial collapse of the Village operator.

The Commission for Financial Capability have an excellent brochure entitled "Thinking of living in a Retirement Village?" Which is well worth reading; as with all Government information, this publication is also available on-line, see our website for the respective link.

The proponents of co-housing claim that Seniors have a strong desire to remain part of their community – they want to interact across the wider community, not just with other Seniors. It is true that different people want different things from their housing and in this context, it makes sense for people with things in common to consider living together.

Co-housing usually means 2,3 or 4 people either owning or renting a house, sharing all the costs. Yes, this may mean some loss of privacy, but the prospect of being able to afford a life instead of an existence appears to be the deciding factor in adopting this lifestyle.

Other positives are not cooking for just one; being able to go out to restaurants etc, with a companion; the fear of being taken ill and not being found for days is gone; but best of all, you are still in your own community, the place where you want to be.

## Let's play with some figures:

The figures used in the examples below are approximate; however, the allowances made in respect of rent, are based upon those advertised at the current time, in each instance they are based on medium to high quality accommodation in Whakatane and Ohope.

### One Person Renting One Bedroom Unit:

Item	Per Week	Per Month	Two Weekly Per Person
Rent	\$185.00	\$ 801.66	
Landline/ Internet		\$ 114.00	
Power		\$ 200.00	
Cell Phone		\$ 40.00	
Medical		\$ 85.00	
Groceries	\$100.00	\$ 433.00	
Car Reg & WOF Etc		\$ 20.00	
Petrol/Diesel		\$ 40.00	
Contents Insurance		\$ 30.00	
Car Insurance		\$ 33.00	
		<hr/> \$1,795.00	\$828.46

### Two People Sharing Two Bedroom Unit:

Item	Per Week	Per Month	Two Weekly Per Person
Rent		\$1,083.00	
Landline/Internet		\$ 114.00	
Power		\$ 250.00	
Sub Total		\$1,447.00	\$334.00
Common Costs**		\$ 681.00	\$315.00
Totals		<hr/> \$2,128.00	\$648.00

### Three People Sharing Three Bedroom House:

Item	Per Week	Per Month	Two Weekly Per Person
Rent		\$1,647.00	
Landline/Internet		\$ 114.00	
Power		\$ 350.00	
Sub Total		\$2,111.00	\$325.00
Common Costs**		\$ 681.00	\$315.00
Totals		<hr/> \$2,792.00	\$640.00

### Four People Sharing Four Bedroom House:

Item	Per Week	Per Month	Two Weekly Per Person
Rent		\$1,820.00	
Landline/Internet		\$ 114.00	
Power		\$ 400.00	
Sub Total		\$2,334.00	\$270.00
Common Costs**		\$ 681.00	\$315.00
Totals		<hr/> \$3,015.00	\$585.00

### Four Joint Owners Living in a Four Bedroom House:

Item	Per Week	Per Month	Two Weekly Per Person
Rates		\$ 264.00	
Landline/Internet		\$ 114.00	
Power		\$ 400.00	
Property Insurance		\$ 70.00	
Sub Total		\$ 848.00	\$ 98.00
Common Costs**		\$ 681.00	\$315.00
		<hr/> \$1,529.00	<hr/> \$413.00

**\*\* Common Costs – Total Costs of:**

- Cell Phone
- Medical
- Groceries
- Car Reg. & WOF. Etc.
- Car Insurance
- Contents Insurance
- Petrol / Diesel

A further option for an owner of a property could be to rent out two of the rooms; this would equate as follows:

2 Rooms @ \$60.00 per week each

Flat mate would pay  $\$60.00 \times 2 = \$120$  per two-week period

His costs would be this plus the \$315.00 Common Costs per two-week period

His share of power and landline/internet - \$71.38

Each renter would therefore pay:

$\$120.00 + \$315.00 + 72.00 = \$505.00$  per tenant

Therefore; with two renters, the owner would be receiving  $\$120.00 \times 2 = 240.00$  per two-week period.

### From a Landlord's perspective:

A group of co-sharing seniors?

#### Positives:

- The only drugs on the premises will come from the chemist
- The only "Cooking" being done will be food
- The house is highly unlikely to get trashed
- Wild parties going on late into the night are HIGHLY unlikely
- The rent will always be paid on time
- They will want to stay for the next ten years or so
- The neighbours will be happy

#### Negatives:

- Err um – can't really think of any!!

#### Verdict:

A group of co-sharing seniors would be absolutely ideal tenants!

*Susan Anderson - Secretary*

## ***Fun & Trivia Quiz – Have a Go!!***

Below are ten questions, please answer them instantly, don't take your time, answer all of them immediately; and no using a calculator or Google - OK?

### ***Have a go, and see how you get on....***

- Q1:** You are participating in a race. You overtake the second person. What position are you in?
- Q2:** If you overtake the last person, then you are...?
- Q3:** Very tricky arithmetic! Note: This must be done in your head only. Do NOT use paper and pencil, or a calculator. Try it.
- Take 1,000 and add 40 to it. Now add another 1,000. Now add 30. Add another 1,000. Now add 20. Now add another 1000. Now add 10. What is the total?
- Q4:** Mary's father has five daughters: 1. Nana, 2. Nene, 3. Nini, 4. Nono. What is the name of the fifth daughter?
- Q5:** Before Mount Everest was discovered, what was the highest mountain in the world?
- Q6:** What is an anagram of "twelve plus one"; and adds up to the same amount?
- Q7:** A bat and a ball cost \$1.10. The bat costs one dollar more than the ball. How much does the ball cost?
- Q8:** There are several books on a bookshelf. If one book is the 4th from the left and 6th from the right, how many books are on the shelf?
- Q9:** What was the real name of the "Scarlet Pimpernel"?
- Q10:** If there are 3 apples and you take away 2, how many do you have?
- Q11:** A ladder hangs over the side of a ship anchored in a port. The bottom rung touches the water. The distance between rungs is 20 cm and the length of the ladder is 180 cm. The tide is rising at the rate of 15 cm each hour. When will the water reach the seventh rung from the top?

# ***Air Conditioning/Heat Pump Systems***

## ***How They Operate &***

### ***How to get the most out of them***

At the time of writing this, we are in the midst of the coldest spell in New Zealand so far this year, as many of you will be well aware, as such I felt it a good time to provide an insight into the above. It is well advertised that the above provide one of, if not the, most efficient types of heating; however, to obtain the high efficiencies, which result in those low operating costs, it helps to have an understanding of how these systems actually work.

The vast majority of modern Air Conditioning, or Heat Pump systems as they are more commonly known in the domestic market, are of the inverter type, this technology is widely used in domestic, commercial and industrial systems as it is not only the most efficient in terms of performance, but also in respect of energy consumption.

So how do Air Conditioning systems achieve their high efficiencies? Virtually all Air Conditioning systems work on the vapour compression principle, I'll not go into the full technical description here, as I'm sure that it would not be the most exciting topic you've read about! In essence they operate so as to transfer heat from one place to another, normally from the inside of a building, or home, to the outside in cooling mode and vice versa in heating mode.

The main component of the system is the compressor, this pumps refrigerant around the circuit, through

the pipework between the indoor and outdoor units. What is meant by inverter technology? This in effect means that the speed at which the compressor varies according to the heating/cooling demand, the heat required to be pumped into or out of an area to ensure comfort conditions are sustained. Older systems simply featured an on/off thermostat which switched the compressor on and off according to demand.

So why are inverter systems so much more efficient? They operate at higher overall efficiency because as the set temperature is approached, compressor, along with the outdoor and indoor fans decrease in speed, and accordingly the overall efficiency of the system increases; which in terms of energy efficiency means that in heating mode, the power input to heat output increases, and conversely when in a cooling mode.

How does the system work? As the temperature within the room reaches that as set on the controller, the compressor, indoor and outdoor fans will all reduce in speed so as to maintain that temperature at a constant level until the minimum performance of the system is reached, at which point the compressor will stop.

Inverter driven systems will also operate and perform over a wide output range, a typical 2.5 KW rated system will provide an output of up to

nominally 4.5 KW reducing down to nominally 1.4 KW in heating mode and up to nominally 3.5 KW reducing to nominally 1.1 KW in cooling mode; with associated Coefficient of performance of nominally 4.0 - 4.4, (For every KW of power consumed, they emit 4.0 – 4.4 KW of heat into the space) thus providing extremely efficient comfort conditions in widely varying situations. These of course are optimum figures; however, the efficiency of the majority of current systems, if correctly selected and installed, should not fall below a COP of 2.5.

A common myth seems to be that if the temperature on the controller is set to a higher temperature than that normally regarded as comfortable, then the room will warm up quicker, this is an absolute fallacy. The heat output of the system does not magically increase if the temperature is set high. If the system has a rating of say 3.5 KW, setting the controller to a higher temperature than required for comfort conditions does not magically transform it into a 5.0 KW system! It would seem to be quite a common occurrence on a cold morning for some people to set the temperature at 25°C.-30°C. when the room needs to be at around 21°C. then switch it off, and back on again when it gets cold, this is not only a waste of energy, as the system will run flat out until switched off, but is also not conducive to providing good comfort condition levels either.

To achieve optimum energy efficiency and energy consumption, the controller should be set to the required room temperature, the system will operate at maximum output until within a couple of degrees

off the set, then gradually back off to maintain that set temperature.

Air Conditioning systems operate by moving air, it is therefore important to ensure the filters on the indoor unit are kept clean and also that the airflow around the outdoor unit is unobstructed and that the air intake side of the unit is clear of debris and leaves etc, I've seen many systems in New Zealand where the outdoor unit is almost totally surrounded by plants, resulting in decreased airflow across the coils which in turn results in decreased performance, increased running costs and an associated decrease in efficiency.

So why have I written this article, on what quite a few of you may consider quite a boring topic? my reason was that with the growing presence of Air Conditioning / Heat Pump systems now being installed in domestic environments in New Zealand, that it would be prudent at this time, to offer an insight into the operation of these systems; hence the above article, which I sincerely trust has allowed the insight intended and has also been of some interest. Should anyone require any further information on this topic, please contact the writer on the contact details as listed in this news issue.

The author has been employed in the Refrigeration and Air Conditioning industry all his full time working life, from Design thru Contract/Project Management, including periods with the two largest manufacturers of Air Conditioning systems.

*Brian Newton – Treasurer*



## ***Wrong Colour Suit***

An old lady was very upset as her husband Albert had just passed away. She went to the undertakers to have one last look at her dearly departed husband. The instant she saw him she started crying. The mortician walked over to comfort her. Through her tears she explained that she was upset because her dearest Albert was wearing a black suit, and it was his fervent wish to be buried in a blue suit.

The mortician apologized and explained that traditionally they always put bodies in a black suit, but he'd see what he could arrange. The next day she returned to the funeral home to have one last moment with Albert before the funeral the following day.

When the mortician pulled back the curtain, she managed a smile through her tears as Albert was resplendent in a smart blue suit. She said to the mortician, "Wonderful, wonderful, but where did you get that beautiful suit?"

"Well, yesterday afternoon after you left, a man about your husband's size was brought in and he was wearing a blue suit," the mortician replied. "His wife was quite upset because she wanted him buried in the traditional black suit." Albert's wife smiled at the undertaker.

"After that," he continued, "it was just a matter of swapping the heads."

## ***Family***

An elderly man in Auckland calls his son in Brisbane and says, "I hate to ruin your day son, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Dad, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the old man says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Perth and tell her," and he hangs up.

Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this."

She calls home and screams at her dad,

"You and Mum are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing,

DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says,

"They're coming for Easter and paying their own fares...Now what do we tell them for Christmas?"

## ***Maud's Musings***

### ***Outlook, Overview & Opinion on Whakatane***

As promised in in our first News Issue of this year, each committee member will write an opinion piece. In 80 years I have never done this, so please be forgiving.

My name is Maud, and I'm the one responsible for making the tea! I think this is an important part of our meetings, we can all relax, drink tea/coffee, eat cake, make crumbs and chat to each other. Please try and include new members and/or shy people; also use this time to tell the committee of your ideas or needs.

I want to glance back at Brian's column in our February 2016 issue; I was pleased that common sense won the day, we did not change our flag, I fly mine proudly every day.

The finance markets – the experts change their minds daily on the economy, I think they are as confused as we are. I know that our Super doesn't increase at the same rate as our politicians pay!

Yes, we are one of the world's most beautiful places, we love New Zealand and we are proud to show it off to tourists, but everything in moderation. When the helicopters take so many tourists to the mountains that the track resemble Queen Street, the toilet facilities overflow and the discarded rubbish accumulates, we will no longer have anything of beauty to show the world. Don't kill the goose that lays the Golden Eggs!!

Many of our Hotels, Tourist Attractions and Transport companies belong to foreign investors; so New Zealand does not retain the profits. Why don't we do more ourselves, employ more of our own, do more ourselves, even if in a smaller way, but we do it better. Because we better.

Corporate companies are making a great deal of money in New Zealand, but aren't they sucking the lifeblood out of our Grans and Grandads, Mums and Dads and importantly our children? No one person needs millions of dollars; but everybody needs enough to be comfortable.

More jobs equal more pay cheques; busy paid people equals less crime, children who are fed adequately, have shoes, raincoats and a decent home. All equal better results for our education system and it follows that the health costs will reduce. Maybe my thoughts are too simple.

The local body elections are getting closer; do you take an interest? Let's all do our voting and see if things change.

Has anyone else noticed that, at last the council is fixing footpaths? Eivers Road now has a lovely smooth path surface, which makes walking a really pleasant experience.

The Olympic Games have been a great distraction from the coldest days of winter. An excuse to turn up the heating and curl up on the couch.

Our athletes have done us proud, we need always remember what a small country we are, and when compared to others, we spend much less. I just love to see our flag being raised!

What an eye opener it is though, to see how the underprivileged live and survive. Of course this is not just unique to Brazil. Every country has its problems in providing for its poor people and New Zealand needs to be vigilant about our increasing poor. Don't wait until conditions are terrible; perhaps education standards should be judged at the lowest levels and every child should be in school every school day. Seventy five years ago we were taught to read and write (in an isolated country area), so why now do we have uneducated people needing remedial classes?

What do you think about our newsletters having a contributions column? We have lots of talent amongst our members and plenty of differing opinions; what would be your thoughts on having items of interest by you, our members, other than just those expressed by the committee, your thoughts, ideas, remedies and recipes etc.

What do you want from Grey Power? If you don't tell us, we will never know. Let's look forward to Spring Sunshine, daffodils, lambs, and most importantly of all.....Smiling people.

*Maud McKinnon*

*The opinions and thoughts expressed in Maud's Musings are those of the author, they may not be those of the committee as a whole; furthermore – we accept that they may not be those shared by all of our members.*

## **Teachers & Educators**

A high school was recently faced with somewhat of a unique problem. A number of the senior girls were beginning to use lipstick and would put it on in the bathroom. That was fine, but after they put on their lipstick they would press their lips to the mirror, leaving dozens of little lip prints.

Every night, the caretaker would remove them and the next day, the girls would put them back. Finally, the principal decided that something had to be done.

She called all the senior girls to the bathroom and met them there with the caretaker. She explained that all these lip prints were causing a major problem for the caretaker who had to clean the mirrors every night.

To demonstrate just how difficult a task it had been to clean the mirrors, she asked the caretaker to show the girls how much effort was required.

He took out a long-handled squeegee mop, dipped it in one of the toilets, and cleaned the mirror with it.

Since then, there have been no lip prints on the mirror.

There are **teachers**, and then there are **educators**.

## ***Switching Power Companies***

You will have seen the recent increase in advertising by the major electricity and gas providers, offering quite high incentives to switch your power to them.

We are frequently asked whether it is worth switching power companies, to which we invariably respond, that if you are with Tiny Mighty, then you probably will not make any savings by switching to the Grey Power Energy scheme; however, if your power provider is one of the major players in the market, then yes, you probably will.

When considering switching power companies, there are a few considerations that need to be assessed:

What will be the contract period with the new provider when you switch?

Check their tariffs; if you are subscriber to Grey Power Energy, these are clearly identified as below:

- Cost per unit (All Day Electricity Charge – Inclusive)
- A clear breakdown of other fees:
  - Network Services Fixed Daily
  - Electricity Authority Levy
  - Metering
  - Network Services Variable – All Inclusive
  - Online Bill Discount
  - Retailer Services

This enables the user (You) to be able to see exactly how their bill is made up, other power companies may well not provide this in depth and transparent view of how the total cost of the bill is derived.

At a recent Zone Three meeting, attended by Betty Hudson and Susan Anderson, several Associations mentioned that they had received comments from some of their members who had opted for the attractive incentive, only to discover their bills increased substantially and that also they were locked into contracts varying from two to three years.

As with most things in life, if something sounds too good to be true, it normally is; so, if you are considering switching power companies to take advantage of the up-front incentives, ensure you do your due research. As has been found to their dismay by other Associations members, those incentives come at a cost.

It is worth remembering that very few things in life come free, power, be it electricity and/or gas, most definitely falls into this category; those incentives are just that, they're incentives, they are definitely not free offers!

As stressed above, it's extremely important to ensure you've done your due diligence before switching.

*Brian Newton - Treasurer*

## ***Here's to all of us born before 1979!***

First, we survived being born to mothers who smoked and/or drank while they were pregnant. They took aspirin, ate blue cheese dressing, tuna from a can and didn't get tested for diabetes. Then after that trauma, we were put to sleep on our tummies in cots covered with bright coloured lead-based paints.

We had no childproof lids on medicine bottles, locks on doors or cabinets and when we rode our bikes, we had caps not helmets on our heads.

As infants & children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes poor or even no brakes. We drank water from the garden hose and not from a bottle. We shared one soft drink with four friends, from one bottle and no one actually died from this.

We ate cupcakes, white bread, real butter and bacon. We drank Fizzy Drinks made with real white sugar. And, we weren't overweight. *WHY?*

Because we were always outside playing...that's why! We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. And, we were OKAY.

We would spend hours building our go-carts out of scraps and then ride them down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve that problem.

We did not have Play Stations, Nintendo's and X-boxes. There were no video games, no 150 channels on Satellite, no video movies or DVD's, no surround-sound or CD's, no cell phones, no personal computers, no Internet and no chat rooms.

WE HAD FRIENDS and we went outside and found them! We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We would get spankings with ping pong paddles or just a bare hand and no one would call child services to report abuse.

We were given BB guns for our 10th birthdays, some of the luckier ones amongst us, even earlier, we made up games with sticks and tennis balls and, although we were told it would happen, we did not poke very many eyes out.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them.

School sports teams had trials and not everyone made the team. Those who didn't had to learn to deal with disappointment. *Imagine that!*

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

These generations have produced some of the best risk-takers, problem solvers and inventors ever. The past 50 years have been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all.

If YOU are one of them,

## ***CONGRATULATIONS!***

You might want to share this with others who have been fortunate enough to have grown up as kids in these time, before the lawyers and the government regulated so much of our lives; *allegedly for our own good.*

## ***Building Community: a good life for all***

My name is Ruth Gerzon; and, like others in our community, I am concerned that many seniors are isolated and vulnerable, as families become smaller and more scattered.

Often, after a loved partner dies, family move away, or people can no longer drive, they can become lonely, worried about upkeep of their property and at risk. Services provide home care for physical health needs, yet it takes much more than a paid caregiver for us to be safe and have a good quality of life. Some seniors move to retirement villages, but others wish to retain their independence and continue to live in their family home.

I believe that as a community, together, we can solve this problem. I am suggesting a membership based organisation where people use their time and abilities to support one another. This would provide the dignity and sense of purpose that underpin a good life. We could build community connections to enhance resilience and well-being. The focus would not be just on needs, but on everyone's abilities and potential contribution.

In the United States such organisations are called 'Virtual' Retirement Villages providing for the social and safety needs for people who live in their own homes. There are also other examples of how communities support their seniors:

**Timebank:** This has a long history in Japan (Fureai Kippu) where people of all ages support one another. The hours they accumulate can be cashed

in many years later, when they need support themselves.

**Homeshare:** (Melbourne and UK) matches seniors living in their own homes with younger people who provide company and 10 hours of household support in exchange for free accommodation.

**Local Area Coordination:** In the Bay of Plenty, Local Area Coordinators (LAC) support younger (below 65) disabled people and their families to plan a good life, and to connect and contribute to their communities. This form of support could help seniors facing loss and change.

### ***About me:***

I have lived in the Eastern Bay for 38 years in many roles focusing on building community. Most recently I set up and managed Local Area Coordination for the Ministry of Health.

I welcome all feedback on these ideas. I will seek further community input in a public workshop in late September. If you share my concerns, want to read my detailed proposal, or to come to the workshop please contact me:

Ruth Gerzon

[ruthgerzon@gmail.com](mailto:ruthgerzon@gmail.com)

027 430 8149



## *Time for Humour!!*



"Just out of curiosity, who do you punish on the weekends?"



The first senior moment.

*I've finally reached the age  
where I can't function  
without my glasses...  
Especially if they're empty*

---

### *Officers and Committee:*

President:	Betty Hudson	07 308 5210	027 235 0459	<a href="mailto:betty.keepea@xtra.co.nz">betty.keepea@xtra.co.nz</a>
Secretary:	Susan Anderson		021 116 9115	<a href="mailto:susananderson46@gmail.com">susananderson46@gmail.com</a>
Treasurer:	Brian Newton	07 307 7410	022 095 2862	<a href="mailto:whakatanegreypower@gmail.com">whakatanegreypower@gmail.com</a>
Committee:	Johan Groemeveld	Kate Ross	Rob Ross	
	Maud McKinnon	Raewyn Kingsley-Smith		

**Answers to Quiz:** **Q1:** If you answered that you are first, then you are absolutely wrong! If you overtake the second person and you take their place, you are second! - **Q2:** If you answered that you are second to last, then you are wrong again, how can you overtake the LAST person? - **Q3:** Did you get 5,000? - the correct answer is actually 4,100 - Try it again - With a calculator - **Q4:** Mary - no, it's not Nunu - **Q5:** Mount Everest - **Q6:** Eleven Plus Two - **Q7:** The ball costs 5 cents, one dollar more than 5c is \$1.05. The sum of the two is \$1.10 - **Q8:** 9 - **Q9:** Sir Percy Blakeney - **Q10:** If you take 2 apples, then you have 2 - **Q11:** If the tide is raising water, then the ship is rising on it. So water will still only reach the first rung.

*This Newsletter is also posted on our website under "News & Media" - Sub Menu "Newsletters"*

#### **Disclaimer:**

*Opinions expressed in this news issue are those of the contributors. All information is given in good faith and is believed to be accurate and reliable at the time of issue; however, Whakatane District Grey Power Association Inc. does not accept any liability for its contents.*



# Membership Subscription Form

Mr / Mrs / Ms \* (Please Circle One)

Given Name: \_\_\_\_\_ Family Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ 'Phone: \_\_\_\_\_

Membership No: (If Renewal) \_\_\_\_\_ Mobile: \_\_\_\_\_

**Annual Membership \$15.00 Single**  
**\$25.00 Double**

**Renewal / New \*\* (Please Circle One)**  
**Valid to March 31, 2017**

*Any donation to help with the cost of paper, postage and stationery would be greatly appreciated.*

Subscription ..... Birth date - *(Only if under 50)* \_\_\_\_\_

Donation ..... **To: Whakatane Grey Power**  
**P.O. Box 830**  
**Whakatane 3158**

**Total Remitted \$** \_\_\_\_\_

If you post to our P.O. Box, it will assist us immensely if you could please include a stamped addressed envelope for mailing your Membership Card (s) and if paying by cash (Please note that we do not advise sending cash through the mail), your receipt.

## Internet Banking

Payment can be made direct to our bank account via internet banking, our preferred method of payment; details of our account together with the required details are as listed below; if you are a new member and paying via this method, and not using our website, please also send us an email to [whakatanegreypower@gmail.com](mailto:whakatanegreypower@gmail.com) advising your details as listed above, including identifying how the amount paid is made up; i.e. if you are including a donation, please state the two amounts.

**Account Name:** Whakatane Grey Power **Bank:** Kiwi Bank  
**Account Number:** 38 9003 0986339 02

### Details To Appear On Our Statement:

Particulars	Code	Reference
Initials & Given Name	Subs – Don	Membership Number ***

\*\*\* (New Members please type or write "New" in the reference field.)

\*\*\*\* Do you wish to receive material from Grey Power Federation? YES / NO \*\*\*\* (Please Circle One)